

Walk Around the Park!

For State Employees to Improve
Health & Fitness



The DPA California WorksWell Health Promotion Program is sponsoring free weekly walks through Fleet Feet Sports in Sacramento.

Join us for a 1-mile walk with your co-workers at your own pace around Capitol Park.

Every Wednesday
Anytime between 11:30am and 1:00pm
May 30 through October 31, 2007.

*except July 4th or in the event of rain.

Check-in station will be located in the park near the sidewalk on N St. between 12th & 13th St.

Participate in 10 Walks to receive a \$10.00 Gift Certificate from Fleet Feet Sports
20 Walks = Free Entry in Year End Raffle on December 4, 2007 at Fleet Feet Sports
Attend all 22 walks to be entered in drawing for an Omron Blood Pressure Monitor

Walkers will receive a free pedometer at check-in station (supplies are limited)

For more information contact: Terri Skondin, DPA Health Promotion Program Manager,
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